

HEAT WAVE Safety Ideas

Excessive heat can lead to serious illness and death unless precautions are exercised to prevent these dangers. When heat is forecast, especially if it is a prolonged heat spell, do not take risks and follow these safety tips to stay safe. Remember, those most at risk are small children, the elderly, and those who work outside:

BEFORE the heat strikes:

- Listen to weather forecasts and upcoming temperature changes. A **HEAT ADVISORY** is typically issued in our area when the air temperature is expected to reach 95 deg F or higher, or when the heat index reaches 100 deg F or higher
- An **EXCESSIVE HEAT WARNING** is used when heat index values are expected to hit 105 deg F or higher
- Determine locations where you can seek air conditioning or relief from the heat
- Ensure animals are prepared with shade and plenty of water

DURING a heat wave:

- Monitor temperatures and heat indices
- Cool down at least once per day – find **A Cool Thing to Do**
- Never leave children or pets alone in a vehicle - **"Beat the Heat...Check the Backseat"**.
- Take frequent breaks from the heat. Seek out air conditioning or a cooling shelter.
- Drink plenty of water. Avoid drinks with caffeine or alcohol.
- Postpone outdoor games and activities.
- Check on family members, pets, and animals.

Seek out medical attention for any heat-related symptoms.

- Heat cramps are muscular pains and spasms that usually occur in the legs or abdomen. This can be an early sign that trouble is developing.
- Heat exhaustion can lead to cool, moist, pale, or flushed skin; heavy sweating, headaches, nausea or dizziness from a loss of body fluids.
- Heat stroke (also known as sunstroke) is a life-threatening condition where a person's body temperature control system stops. This might include signs of hot, red skin, changes in consciousness, vomiting and a high body temperature. Call 9-1-1 or a local emergency number immediately.